

EPI Update for Friday, July 24, 2015
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Hansen's disease (leprosy) increase linked to armadillos**
- **Nigeria goes one year without a reported case of polio**
- **Free Mount Everest fitness challenge**
- **Meeting announcements and training opportunities**

Hansen's disease (leprosy) increase linked to armadillos

Florida has received 12 reported cases of Hansen's disease already this year, an increase from their average of 10 cases reported annually and all cases have reported direct contact with armadillos. Armadillos in Florida and other southern states have been identified as "natural" carriers of Hansen's disease, a bacterial disease that affects the skin, nerves, and mucosa of the upper airway. They are the only animal other than humans known to carry the disease. Hansen's disease can be spread through respiratory droplets, after prolonged close contact, and from armadillos via direct contact after capturing (armadillos spit when cornered or caged). While the risk of contracting Hansen's disease from armadillos is low, contact with armadillos should be avoided when possible.

Hansen's disease is a reportable disease in Iowa. Ten cases have been reported since 1990 (all imported). Public Health follows up on reported cases to identify potential sources of infection, ensure patients receive appropriate medical assessment, to ensure that family and close contacts are examined, and to provide appropriate antibiotic treatment. For more information, visit www.hrsa.gov/hansensdisease/.

Nigeria goes one year without a reported case of polio

As of July 24, Nigeria has gone one year without a reported case of polio. Currently, endemic polio is found in only three countries: Afghanistan, Nigeria, and Pakistan. Although Nigeria will not be declared polio-free until three years have passed without a case, this is an important step toward the worldwide eradication of polio. For more information about the progress toward polio eradication, visit www.cdc.gov/polio/progress/index.htm.

Free Mount Everest fitness challenge

New research has shown that sitting for more than two hours at a time, such as at work, can be as bad for your health as smoking; thus, IDPH staff started a "Mount Everest Fitness Challenge" last January and more than 100 employees have participated in this 26-week fitness and wellness challenge. The stairwells at the Lucas building were used to simulate climbing various mountains to help participants reach their fitness goals while on work breaks and when going between meetings. The number of flights of stairs needed to climb each goal was calculated; for example, Diamond Head (in Hawaii) was the first mountain to be climbed at 761 feet - necessitating an IDPH employee taking the stairs at the Lucas State Office Building (from the basement to the 6th floor) nine times to reach the top of "Diamond Head". The final goal is Mount Everest at 29,029 feet – A lot of stairs, but many employees have reached this goal in these 6 months.

The program offers a friendly opportunity to increase physical activity while decreasing sitting time – and the stairwell trivia game, with clues on every flight of stairs, made doing the stairs a lot more fun.

IDPH has packaged all the instructions and materials needed to do this wherever people work, play, go to school, etc. Instructions also include how to modify for different populations, such as young children.

For more information about the free Mount Everest Fitness Challenge and to download the program materials free-of-charge, visit <http://bit.ly/1IMcxyM>.

Meeting announcements and training opportunities

Extension Training Program for Infection Prevention, Sept. 28 – Oct. 2, 2015, at University of Iowa Hospitals and Clinics, Iowa City, IA. This five-day intensive program is designed to provide fundamental and current information relevant to infection prevention and control

professionals. To view a brochure, visit

www.uihealthcare.org/uploadedFiles/UIHealthcare/Content/Services/Clinical_Quality_Safety_and_Performance_and_Improvement/2015%20ETP%20Brochure.pdf.

7th Annual Rural Behavioral Health Practice Conference, October 9, 2015, at University of Minnesota-Morris or online via webinar. 7.5 CEs from the Minnesota Psychological Association are available. For more information, visit www.mnpsych.org/3786-2.

Have a healthy and happy week!

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